



# HOT ON THE BREAKFAST TRAIL

Discover fun, whole grain-rich meals for NSW  
March 3–7, 2025



MONDAY

## CRUNCH IS ON THE CASE

### Eggo® Graham Crackers with Fruit & Yogurt

Crispy, sweet Eggo® Graham Crackers made with whole grain help round out a delicious, nutritious breakfast. Couple with ½ cup protein-filled, low-fat vanilla yogurt and ½ cup strawberries for a build-your-own parfait or in a grab-and-go bento box!

This recipe meets:  
2 Oz. Eq. Gr.  
1 Oz. Eq. M/MA  
½ Cup Fruit



TUESDAY

## TRACKING TASTY WRAPS

### Breakfast Sausage Crunchwrap Slider

Fold a MorningStar Farms® vegetarian sausage patty, 1 oz. chopped spinach, ½ oz. shredded jack cheese and a tortilla chip into a whole wheat 6" tortilla for a unique, savory wrap. Serve with 2 oz. salsa for a tangy, protein-powered breakfast with a crunch.

This recipe meets:  
1 Oz. Eq. Gr.  
1.5 Oz. Eq. M/MA  
½ Cup Vegetable



WEDNESDAY

## INVESTIGATE FROOT LOOPS® FLAVORS

### Sunflower Seed Butter & Fruit Sandwich with Eggo® Froot Loops® Waffles

Eggo® Froot Loops® Waffles are made with 17g whole grain per serving and combine two classic tastes kids crave! Turn them into creative sandwiches with ½ cup fresh berries and ¼ cup protein-rich sunflower seed butter and yogurt blend for a nourishing, handheld breakfast.

This recipe meets:  
2 Oz. Eq. Gr.  
1 Oz. Eq. M/MA  
½ Cup Fruit



THURSDAY

## SEEKING OUT SCOOPY

### Kellogg's® Scooby-Doo!™ Grahams with Cookie Dough Hummus

We found an innovative way to boost grain at breakfast. Apple slices and a ½-cup serving of sweet plant-protein cookie dough are the ideal accompaniments to our Scooby-Doo!™ Cinnamon Grahams – perfectly shaped and sized for dipping delight!

This recipe meets:  
1 Oz. Eq. Gr.  
2 Oz. Eq. M/MA  
½ Cup Fruit

[Get Recipe](#)



FRIDAY

## WANTED: SWEET CONVENIENCE

### Pop-Tarts® Toaster Pastries with Fruit & Yogurt

Kellanova has great grain options to help craft simple, satisfying breakfast menus. Pair ½ cup of low-fat, protein-packed vanilla yogurt and 1 cup fresh fruit with a whole-grain Pop-Tarts® toaster pastry\* or Nutri-Grain® bar for a wholesome meal that's fast and fun!

This recipe meets:  
1 Oz. Eq. Gr.  
1 Oz. Eq. M/MA  
1 Cup Fruit

\*For older students and/or larger appetites, serve Pop-Tarts® Twin Packs instead with 2 oz. eq. grain.